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HEALTH

FOUNDED BY THE LATE Dr. U. RAMA RAU

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A JOURNAL DEVOTED TO HEALTHFUL LIVING

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What's New in the News?

Brain Bank

The brain tissues of deceased cerebral palsy victims assembled in a brain bank, are providing doctors with information that is pointing the way to more effective treatment of the disease. The American Academy for cerebral palsy for the past ten years has been acquiring increasing numbers of brains for pathological study. With the co-operation of the National Institutes of Health and the Armed Forces Institute of Pathology, it has become possible for doctors to make studies of the brain tissue in the light of the clinical history of the victim. Thus the effectiveness or the shortcomings of diagnosis and treatment can be studied closely and the information applied to active cases.—(*Am. Sc. News*).

Heart-Beats Revived—British Experts' Experiments

A new technique for stopping and restarting the human heart is described in the "*Lancet*" of 23-9-57.

The experiments conducted on four hearts from dead fœtuses, received more than half an hour after removal from their mothers, revived the hearts within 20 minutes.

Dr. Dennis Melrose, who conducted the experiments with two colleagues, described how by sprinkling a solution of sodium chloride, sodium bicarbonate, dextrose and distilled water, into the hearts, he was able to revive them. Later, by sprinkling potassium nitrate he was able to stop them.

The hearts of 60 freshly killed rabbits were also used in these experiments.-(*The Lancet*).

Dangers of Atomic Radiation

An International Congress of scientists from 33 countries called for the banning of experimental nuclear explosions and the production of atomic bombs.

There would be four consequences if the amount of ionizing radiation (X-ray, radio active elements, and atomic explosions) was increased.

1. There would be a danger of harmful mutations in human reproduction;

2. There would be a risk of an increase in cancer due to the rays;

3. Risk of radio-active fallout depositing Strontium 90 in human bones and causing cancer; and

4. Danger of shortening of human life due to radiation.—(*Weekly Mail*).

* * *

Baldness.

Baldness was associated with braininess by Dr. M. W. Young of Howard University in a recent convention speech. The brain causes skull expansion, he said, thus squeezing the scalp and depriving the hair roots of proper blood supply!

Cancer

According to the American Cancer Society, their researches have revealed that a person smoking one packet of ciagrettes a day is fourteen times more likely to die from lung cancer than if he does not smoke. If he smokes two packets a day, his chances are twenty-seven times greater.—(*Good Health*).

Sugar Danger

The consumption of refined sugar, or of such refined sugar products as confectionery and soft drinks, is fraught with dangers quite apart from those affecting the teeth. U.S. medical researchers have found that rapid absorption of sugar, by stimulating the pancreas, may upset the blood-sugar level, causing excess insulin, and diminishing resistance to many infections including poliomyelitis.—(*Good Health*, July 1957).

Animals sent 125 miles into space

Russian scientists are sending animals more than 125 miles into space to study the effects of cosmic radiation on living organisms. This was disclosed at a conference on inter-space travel in Moscow in Sep. '57.

Ashtangasareeram

By

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DUTY OF THE WELFARE STATE

(Achievements of India still far from Ideal)

A SYMPOSIUM on "*Welfare State of my conception*" organized by the Bharatiya Vidhya Bhavan was held on the 16th of September at Bombay at which Shri K. M. MUNSHI, former Governor of Uttar Pradesh presided. Besides Shri K. M. MUNSHI, the speakers were: Dr. C. P. RAMASWAMI AYYAR, Shri B. RAMA RAU, former Governor of the Reserve Bank, Shri K. K. SHAH, President of the Bombay Pradesh Congress Committee and Shri A. D. GORWALA and Prof. B. R. SHENOY, Economists.

"The aim of a Welfare State of my conception," said Dr. RAMASWAMI AYYAR, "is the development of the human personality. Something far remote from regimentation, something far remote from those methods which, however ostensibly successful, may retard the efflorescence of the human personality. It is manifestly the duty of a Welfare State to provide for three basic needs of the people, *viz.*, public health, education and employment. Every other scheme of material progress like industrialization and other plans of various types, ultimately depends for its achievement on these three basic factors." Dr. RAMASWAMI AYYAR rightly suggested that a new outlook based on the understanding of what were the fundamentals of a Welfare State should be developed, so that the nation's resources and efforts could be concentrated on things which were now most urgent. He was of the opinion that their achievement of the three basic needs remained "somewhat remote."

Shri K. M. MUNSHI gave it as his opinion that the Indian conception of a Welfare State implied an ideology and a programme which secured for everyone economic and social justice through respect for human dignity, truly democratic institutions, and the upholding of nonviolence and truth in all human endeavour. He urged that the right means should be adopted to achieve the Indian conception of a Welfare State rather than by "artificial canons of orthodox doctrinaires."

Shri Benegal RAMA RAU said that the Indian Welfare State should always aim at providing the masses with the basic necessities of life, and security for old age as speedily as possible. In planning for achieving this aim, India should seek guidance *not* from the West, whose high standards this country would not be able to achieve for a long time to come, but from Japan, which had a highly developed system of village industries on a cooperative basis, using electric power and modern rather than primitive implements.

Shri K. K. SHAH was committed to bring about social and economic justice to all people who should all unite and contribute towards the common welfare of all.

Shri GORWALA was of the view that there should be no attempt at a levelling down of standards. He suggested population control, prevention of waste, and more finance being made available to rural areas to bring about a Welfare State which would be able to provide the basic needs of the people in the matter of public health, hygiene, environmental sanitation, education and employment.

We quite agree with this very practical solution put forward by Shri GORWALA. Prof. SHENOY rightly cautioned against any over-emphasis on speedy economic development "as it is beset with potential dangers of interfering with the freedom of the individual." He was of the view that the Welfare State should be achieved according to "*Dharma,*" and there should be minimum interference by the State, the individual being left free to achieve his own self-realization according to the Indian concept of "*Dharma.*"

All the speakers at this very important Symposium thus stressed the view that a Welfare State should aim primarily at the development of the human personality through democratic means. The rational approach in our opinion, to the implementation of this urgent problem therefore, is through finding adequate finance to meet the three basic needs of the masses as speedily as possible.

Men divide themselves into four classes: (1) Those who never do what they are told—always less; (2) those who will do what they are told—but no more; (3) those who will do things without being told; (4) those who will inspire others and make them do things. It's up to you.

—William J. H. Boetcker

HEADACHES

[Over two thousand years ago the juice of willow bark was used to relieve pain and to bring down fever. The aspirin used today is not so far removed from that ancient remedy............says Dr. Norman Phillips]

WITCH doctors and medicine men, of course, have never heard of ACTH or cortisone. Their remedy for rheumatic pains was to take the juice of willow bark. And yet some quite recent findings in the study of rheumatoid arthritis show that the primitive medicine men were on the right track. The juice of willow bark is rich in salicylic acid. Today we get the same chemical, as acetyl-salicylic acid, known to all of us as *Aspirin.*

Both ACTH and cortisone are now very properly regarded as important discoveries but they do have certain limitations. And so into the limelight has come yet again the lowly, inexpensive and universally known aspirin. Some very careful trials organized by the Medical Research Council and the Empire Rheumatism Council indicated that in the early stages of rheumatoid arthritis, cortisone gives little better relief than aspirin.

Aspirin relieves pain, relieves headaches, fights rheumatism and reduces fever. Very few people have not had occasion to be grateful for its aid and comfort at some time or other in their lives.

In Britain alone over three million pounds weight of aspirin are consumed every year. This represents very nearly four-thousand million tablets of aspirin..

The usual tablet is a five-grain tablet. And, of course aspirin is cheap. The name aspirin is derived from *Spiraea,* the family of shrubs that includes bridal-wreath and meadow-sweet. These bushes are among the natural sources of salicylic acid. Nature also provides supplies of this acid in willow, poplar, olive, birch and beech trees. And it can be found in jasmine and madder bushes and in rye, wheat and sugar-cane.

Nature has been very generous in providing salicylic acid in fruit, leaves and bark. So the blessings of this drug have been enjoyed all over the world and even in the most primitive societies.

In the 1760s an English parson rediscovered the scientific properties of willow bark. His name was the Rev. Edward Stone. This gentleman was looking for a cheap substitute for Peruvian bark or cinchona, as quinine was then known.

In his garden one day he idly broke off a piece of willow bark. When he tasted it, the bark had an extraordinary bitterness. So he stripped off more bark, dried and powdered it. He gave this powder in doses of twenty grains to a teaspoonful of water every four hours to fifty patients with

what he described as "agues and intermitting disorders." Results, he reported, were excellent in all cases.

The parson's discovery interested a number of chemists. They started trying to find out what made the willow bark an effective medicine. Two Italians found the answer in 1826, and in 1838 salicylic acid was extracted from it by another Italian, Rafelle Piria. But this extraction process was too expensive. So nothing more was heard until 1874 when Professor Hermann Kolbe found an economical way in which to make salicylic acid in the laboratory, as a synthetic chemical substance.

Pure salicylic acid turned out to be an efficient means of reducing pain and fever, but there were dangerous and unwanted side-effects. Large doses almost always resulted in sickness and sometimes in coma.

So the doctors asked the chemists to find something that would combine with the salicylic acid—something to cut out the unpleasant side effects while keeping its medicinal properties.

A young German chemist named Felix Hoffman, wanting to help his father, a victim of rheumatoid arthritis, searched hard for a suitable chemical to combine with salicylic acid.

Success came in 1897. The first trials in 1898 gave exciting results. The drug was then known as the acetic ester of salicylic acid. Hoffman submitted his results to his chief, Heinrich Dreser of Friedrich Bayer & Co. And Dreser christened it *Aspirin*.

Aspirin first appeared as the proprietary product of the Bayer Company and was a German monopoly. One of the side issues of the 1914–18 war was the breaking of this monopoly and the beginning of the large scale manufacture of aspirin in Britain. In 1915 the first British aspirin was produced by Boots Pure Drug Co. Ltd. This at any rate was a start.

Today it is sold as acetylsalicylic acid and as aspirin. It is also mixed with other drugs of various kinds in a wide range of proprietary tablets.

Although it cannot cure any disease, aspirin has a vast number of applications in the treatment of pain, fever and rheumatism. Exactly how aspirin kills pain is not known but it seems to be at its best in adult doses of ten grains, usually in the form of two tablets which are taken as needed.

[*Note*:—Aspirin tablets should *not* be swallowed whole; but should be powdered or chewed and then swallowed with water.—Ed. HEALTH].

Another mystery is how aspirin reduces fever, for indeed it does. For some reason its action stops when the temperature reaches normal and even huge doses will not lower the temperature below this point. Why this should be so is by no means clear.

Because of its usefulness and safety, aspirin is believed to be one of the most effective drugs that can be used without medical supervision. But because it is something that can be bought

almost anywhere, some people tend to lose their respect for aspirin.

Like all other medicines, aspirin, too, should be kept well out of the children's reach, preferably under lock and key as a safety precaution.

Treated with respect, and used sensibly, aspirin is a powerful ally and a comfortable friend that helps millions of people everywhere every day.—(*Family Doctor*, Aug. '57).

The PRIVILEGED LIKE More PRIVILEGES

THERE is a general recognition that in a divided world it is usually "those who have" who gain more as life goes on. Those who have acquired a privilege not only want to retain it but will usually want to add other privileges to it.

The National Health Service in England is designed to see that there are no privileged in matters of health and disease, but that all who require any form of medical attention can receive it without any reference to their social or financial circumstances. All that medicine has to offer is there for the citizen, whether rich or poor, to take. Yet the rich manage even in these circumstances not only to retain the privilege of having more wordly goods than the average but they wish also to add to that and take more out of the National Health Service than even the average citizen gets.

They have insisted in having the privilege of opting out of the Health Service, of trying to buy with money something better than the service can give ; but they have gone on demanding that, when they want to, they should be allowed not only the privilege of paying a doctor but of taking their medicines for nothing from the state service.

In other words, they want to be able to buy a doctor's time, even if it means that more deserving people go short of that commodity, but standardized things like drugs they want to have for nothing. The demand is growing in intensity as the cost of drugs rises, and a new attempt is to be made to persuade the present ineffectual Minister of Health to amend the 1946 Act so as to permit those who have of their own free-will rejected the State's arrangements about doctors to opt back when it comes to paying for medicines.

Socialists would reject such a claim on principle, but it appears from question and answer in the House of Commons that the present Government does not see that a principle is involved. It may not agree to the request, but if it does so it will be because it recognizes that to yield such a privilege to those who already know how to exploit every privilege they have, would be to increase the amount of wasteful spending on drugs which is already such a worry to the Chancellor of the Exchequer.—(*Medicine Today and Tomorrow*, *11* : 4, July–August, 1957).

HONEY—*The Golden Miracle Food*

BARBARA CARTLAND

[The world-famous romantic novelist whose books on vital living for modern men and women have also gained her widespread renown]

Is it not a pity that so many people are so pessimistic and cynical about life that they refuse to believe that the "food of the gods" can possibly be available for mere human beings!

Yet these same people constantly demand that the chemists, the biologists, and the dietitians shall tell them of some miracle pill they can take to retrieve youth, attain glamour, and preserve vitality. They appear to be convinced that some complicated rigmarole of science will one day prove that man is cleverer than Nature!

How wrong they are—and how blind to ignore the food that is heaven-sent and earth-present! A veritable "food of the gods," a nectar, a glorious health-giving, phenomenally pure, delightfully tasting product almost as universal and cheap as the sunshine that produces it.

It is called *Honey.* Until Elizabethan times, when sugar-cane started to yield the refined, *valueless* product we use for sweetening today, almost every cottage had its beehive. The gardens around the palaces and castles were planted, not for beauty, but for flowers to yield this wonder-food. Honey was consumed in enormous quantities. And the people were the healthier and happier for it.

There are life-factors in honey which are still not completely understood by science, even though it admits their existence. But the mundane facts are impressive enough to send the average person anxious for zest and vitality straight to the nearest honeycomb.

First, honey is the most powerful natural sweetening agent known. You need only half the amount of honey as compared with sugar to obtain the same amount of flavouring. After extraction from the comb, it is so perfectly pure that bacteria cannot thrive in it and it will keep indefinitely.

Millions of individual actions by the bees go into each spoonful of honey to ensure that every mineral needed for health is combined in proportions which are biologically advantageous. Vitamins are present in proportions which again prohibit any risk of an overdose. The protein of honey, is the purest known to Nature.

It would be possible for science to build machinery that extracted flower nectar and yielded an artificial honey. Yet it would be so fantastically expensive that it would be worth many times its weight in gold. And there is no certainty that the indefinable ingredients would be present and in the right proportions.

These have been known since time immemorial, even if they are still something of a mystery.

They give honey its almost magical properties for creating mental, emotional, and physical energy.

For the young student facing a difficult examination, for the business man who worries that age is blunting his intelligence, for the housewife who has qualms that she is getting dull, a spoonful in hot milk or fruit juice will stimulate without the terrible reactions which are so typical of the man-made *pep-drugs*.

As a "love food," honey is of course widely known. The honey cakes and honey wine of the wedding ceremonies of every primitive race on earth are practical examples. And of course our own description of the marriage celebration period as "the honeymoon" indicates that we really recognize the love-stimulant properties of honey.

Its physical benefits are obvious from its great food value and from the uncanny results in well-being that any regular user of honey will know.

A teaspoonful of honey, contains about fifty calories (as much as in an egg, or half a pound of cooked vegetables, or a slice of bread), yet this is not so likely to add weight because honey is slightly laxative and its sugars are of two kinds: glucose and lævulose. The former is absorbed rapidly and provides immediate energy, and the latter more slowly. Thus it can be used for energy instead of increasing weight as would happen if it consisted of only one sugar in a quantity greater than the body's energy requirements of the time.

Another remarkable quality of honey is its ability to trigger off the absorption of substances by the body. For example, it helps the body to absorb calcium, a valuable source of the mineral which beautifies the skin and helps the body to remain youthful.

No woman who wants to retain the glamour of youth and to maintain her vital, zestful self should ever ignore the cheapest, and most wondrous aid that Nature provides in unlimited quantities—*Honey, the "food of the Gods."*—(*Good Health*, July 1957).

The Nightingale Pledge

"I solemnly pledge myself before God and in the presence of this assembly :

To pass my life in purity and to practise my profession faithfully.

I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.

I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping, and all family affairs coming to my knowledge in the practice of my profession.

With loyalty will I endeavour to aid the physician in his work, and devote myself to the welfare of those committed to my care."—(*Military Medicine*, June 1957).

The CUPS that CHEER but NOT INEBRIATE

JAMES LAVER, C.B.E.

COFFEE and TEA seem now to have established themselves permanently as the ordinary daily beverages of the majority of mankind. [It is perhaps too late in the day to cry halt.—Ed. HEALTH].

We take it for granted that it should be so, and hardly anyone pauses to consider how very odd it is that two oriental infusions should have conquered the world. And not only how odd it is, but how recent it is!

It is true that there are a few areas of the earth where neither has caught on: India (he obviously refers to North India and Kerala) for instance, in spite of the supply on her own door-step, has taken largely to tea within recent years. Her near neighbours, the Tibetans, are fanatical tea-drinkers, even if they do insist on putting yak-butter into the steaming bowl. And the Chinese, of course, are the greatest tea-drinkers in the world.

They were not always so. Even in China the practice of drinking tea is a comparatively recent one (if anything can be said to be recent in China), and what we call a teapot was a peculiarly Chinese form of wine-jug, long before it was used for the purpose which is now so familiar.

Putting aside the legend, that the tea-plant sprang from the eyelids of the Buddha which he cut off and flung on the ground in an endeavour not to fall asleep as he meditated under the Bo-tree, we are probably right in thinking that tea-drinking had a very practical origin.

Among the swarming multitudes of China it early became apparent that water-drinking was a dangerous practice. The water was too often tainted, swarming with invisible devils which no one had yet called microbes. The only safe water was boiled water; that discovery must have come very early in Chinese history.

But, as the present writer can testify (for he was made to drink it, as a little boy, every day before breakfast—it was supposed to be "good for the bowels") plain boiled water is exceedingly nasty. It has a taste of flat-irons, and the Chinese did not like it either. So they started flavouring their boiled water with herbs.

There are various herbal infusions in use to this day. I once knew a determined old Englishwoman who would sit down on a cafe seat on a Paris boulevard and demand a *tisane*. But for one person who wants *tisane* of lime flowers or whatever it may be, at least a million want an infusion of tea.

Strange that one particular leaf should so completely overshadow all others, a leaf that is by no means easy to come by, and requires great care in cultivation and packing, and whole fleets of ships, to bring it to our doors.

The case of Coffee is even stranger. Legend has it that it would never have been discovered at all, if the superior of

an Abyssinian monastery had not remarked upon the extreme liveliness of his goats when they had browsed upon the leaves of a certain plant which grew near by. His monks were far less lively ; indeed, they tended only too often to fall asleep over their devotions.

So the abbot tried on them a decoction of the plant's berries : with the happiest results, because the monks became models of wideawake piety, and their fame–and that of the coffee-berry—spread far and wide.

Strange that the abbot did not try an infusion of the leaves; strange that anyone should discover that better results were obtained if the berries were roasted and then crushed. Stranger still that this particular berry should have no rivals, for we can hardly count the roasted acorns used as a substitute in time of war.

[Nor the many adulterants which have come to be used by unscrupulous traders in India.—Ed. HEALTH]

The secret, of course, is that both coffee and tea contain a drug, and, strangely enough, it is the same drug, or so nearly the same, that chemists can hardly tell the difference.

And what mankind is looking for all the time *is a drug* : a drug just strong enough to have a perceptible effect, and yet so mild that you can go on taking it for three-score and ten years without *seriously* interfering with your health.

Today, coffee and tea divide the world between them. In spite of the recent vogue of Espresso *cafes*, the English, on the whole, have plumped for tea. They start the day with it ; they drink it, very often, in the middle of the morning ; they "brew it up" in the most unlikely places, from the deserts of Libya to the steaming jungles of Burma.

A learned German has written a treatise in which he strives to prove that national drinks and national characteristics go together. Certainly the notion is not nonsense.

The coffee-drinking France of the eighteenth century produced the *Encyclopaedistes*. If they had tried to conduct their logical arguments on a foundation of wine, they would either have cut one another's throats in the first two hours, or fallen asleep in the third or fourth. For the end of wine is sleep, but the end of coffee is wakefulness !

Tea, I cannot help thinking, is less logical. It neither promotes sleep nor stimulates argument. Rather does it induce a sense of genial well-being, which may well be the foundation for the English "*genius for compromise.*" Under its benign influence we have attained in this country to something of the Confucian spirit, a readiness to give and take, an unwillingness to push any argument to its conclusion.

We are surely the least quarrelsome of all the nations of the earth, and in this happy consummation the tea-table has undoubtedly played its part !

We should therefore, regard as public benefactors those who,

during the last couple of centuries, have made it possible for us to refine our passions, steady our nerves, and promote whatever degree of civilization we may be supposed to have reached," by the aid of a "*nice cup of tea.*"

—(From 250 Years of Tea and Coffee *Twining*, London via *World Digest*, April 1957).

Most Diseases Are Preventable

Generally speaking, it is true that there has been misplaced emphasis in the matter of health and disease. No-one would deny that the main focus of medical experts and of popular interest has been on disease rather than on health. Diseased bodies, more than healthy bodies, have engaged the attention and skill of medical scientists. The general conception is that health must be restored by conquering disease ; whereas the better viewpoint is that disease should be conquered by restoring and maintaining health.

Because of this popularly held viewpoint, more emphasis is placed on getting folk well than on keeping them well. Only a pittance is spent on disease prevention and health education, compared with what is spent on curing sickness. It is certain that if more were spent on the former, much less would need to be spent on the latter ; for the great majority of common diseases are definitely preventable. Indeed, some medical authorities place nine-tenths of all maladies in the preventable category.

These include most of the deadly heart diseases, diabetes, arthritis, catarrh, gastritis, hæmorrhoids, insomnia, stomach troubles, liver troubles, dental decay, and a host of others. And the most important factor leading to these diseases is that of wrong eating. We quote from famous physicians :—

Sir William Osler claimed: "Ninety per cent of all conditions other than acute infections, contagious diseases, and traumatisms, are traceable to diet."

While Sir Arbuthnot Lane said : "The food question is definitely the most important problem of the present day,......and if properly dealt with, must result in the disappearance of the vast bulk of diseases."

Dr. G. K. Abbot says : "Man's diet conduces to the occurrence of diseases representative of nearly all the most common and prominent of human ailments."

Hence our emphasis on the positive approach to health. It is tragically true that the majority of graves are virtually dug with their victims' teeth. It therefore, behoves seekers to watch their diet, determined that the "fuel" fed to their bodies shall always be the very best.—(*Good Health*, London, July 1957).

If I take care of my character my reputation will take care of itself.

—*D. L. Moody.*

DENTAL CARE

Authorities seem to agree that to insure dental health a three-part programme should be established for every child while he is still a toddler—adequate diet; proper care of the teeth at home; regular trips to the dentist for checkups (including X-rays), cleaning, and dental repair.

While individuals differ greatly in their susceptibility to tooth decay (dental caries), adequate diet is a preventive measure valuable to everyone. Baby teeth are formed before birth; this is the reason for the emphasis on tooth-building foods and plenty of vitamins C and D for the pregnant woman. For the growing youngster, milk, oranges, and other fresh fruits, green leafy vegetables, raw vegetables, eggs, *plus* a lot of sunshine, help to build healthy teeth and a normal jaw.

The 20 baby teeth, which are usually in, by the time a child is about two and a half years old, also help the jaw to develop until it is large enough for stronger, permanent teeth. Proper care of baby teeth and of the first permanent molars (often mistaken for baby teeth) is essential.

Overindulgence in candy, sweetened drinks, cookies, and other sweets encourages cavities and tooth decay. It is wise to postpone giving a toddler candy as long as possible. He's not likely to miss what he hasn't enjoyed, especially if he gets a good amount of fresh and dried fruit, raisins and figs in his diet. After a youngster has discovered the joys of sweets, family rules about when and how often they may be eaten are in order.

Experiments in applying fluoride solution to children's teeth and in adding fluorine to water supplies seem to have resulted in a significant drop in tooth decay. More and more municipalities in Western countries are adding fluorine to drinking water. In certain cases the dentist may decide to give fluoride treatments.

Most two-year-olds are fascinated by the sight of their parents brushing their teeth. This is a good time to present a small toothbrush to an youngster. At first he'll play-act. Then, by example and simple instruction (doing it together is a good way), he can learn to brush carefully: from the gums to the edges of the teeth. Two toothbrushes should be used alternately. When bristles become soft it is time to supply a new brush.

Tooth powder and tooth paste do not prevent dental caries. They serve only as fresh-tasting aids to cleaning the teeth. It is the brushing that counts—thorough brushing morning and night, with especially careful brushing after the last meal of the day. When a child is about 10 or 11 years old his dentists can show him the correct way to use dental floss to remove stubborn food particles.

Unless the doctor suggests a checkup sooner, the first visit to the dentist can be made when

the child is three or three and a half years old. (He may even, at an earlier age, have accompanied his mother or father on one of their checkups). This is usually a get-acquainted visit. The dentist will probably entertain the youngster by giving him a ride in the big chair and showing him the shiny equipment before cleaning his teeth; the dentits may not even clean the child's teeth on this first visit. It is usually best to postpone probing and necessary drilling. A pleasant, painless introduction to the dentist helps a child to accept without fear semi-annual dental checkups and treatment. Of course it's best to avoid talk about painful dental experiences in front of children and to change the subject tactfully if visitors start such conversations when youngsters are present.

It is important to be frank when a dental treatment is likely to be uncomfortable. A child feels less fearful when he knows what to expect, when he is told that the treatment may hurt a little for a short time but that it will protect his teeth and help to prevent toothaches. Many dentists today use local anæsthetics for patients who are sensitive to pain. A child is comforted by his parents' sympathetic interest when they themselves are not tense about the visit. A game of "playing dentist" before or after the first visits can be educational and help relieve the anxiety of some children.

First impressions of the dentist and of the examining and cleaning routine should be as positive as possible. Parents can help to make them so by the matter-of-fact, cheerful way they handle the visit and by choosing a dentist who is not only capable but also sincerely fond of children and friendly with them. A reliable method of finding such a person is to seek a recommendation from the doctor or clinic supervising the child's general health.—(From *The Encyclopaedia of Child Care and Guidance*).

Duty or Duties?

"There is all the difference in the world between duty and duties. Duty is a noble word and signifies the discharge of an unwritten debt of honour, something which you are bound to perform, something which reaches spiritual heights; duties are things we ought to perform and often do not: for example, a University Professor may perform his duties ill, well or just middling...In doctoring you cannot discharge your *duty* (*singular*) to your patients on a forty-hour week basis."—*Sir Gordon Bell.*

The bible is a book of faith, and a book of doctrine, and a book of morals, and a book of religion, of special revelation from God. But it is also a book which teaches men his own individual responsibility, his own dignity and his equality with his fellowman. So does the scripture of every religion in the world.—*D. Webster.*

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Iron rusts from disuse, stagnant water loses ity purity, and in cold weather becomes frozen; even so does inaction sap the vigours of the mind. —*Leonardo da Vinci.*

ORDEALS of the NEWLY SEEING

To a child blind from birth the first experience of sight can be painful and terrifying, Dr. Guy Dingemans of France says in an article in the *Indian Red Cross Journal* for June 1957. During a visit to the Institute of the Blind in Caracas, Venezuela he observed a group of children who had received surgery for congenital cataracts and were seeing for the first time.

Dr. Dingemans watched a nine-year-old boy whose bandages had just been removed. "He appeared to be drunk. He pressed his hands against his head as if he were suffering from an intolerable irritation and moved his arms in front of his face as if to protect himself against some frightful ghosts. He threw himself on the ground and tried to grip the floor like an Alpinist clutching a rock face so as to stop himself from slipping into the void. Whenever one showed him strongly lighted or coloured designs he was thrown into a panic. He had to be returned to his old blind world for quite a long time."

These children had to learn how to see. They fingered various objects while looking at them, and then tried to recognize them without the help of touch. They learned fairly soon to identify objects nearby, but lacking experience of the third dimension they were confused by distant images.

Questioned about their first visual impressions, most of them said they felt as if foreign bodies had invaded their heads, which swelled into a mass of which nearby objects were a part. Slowly they managed to detach themselves from the surroundings in a curious way: the body became a small doll lost inside a bell-shaped vessel from which near objects were suspended like a living extension of the body. They were surprised to find that they could not move an object in front of them without touching it.

The visual world disappointed them. They had no sense of the beauty of forms and colours.

"Such observations," Dr. Dingemans writes, "bring us to the mysterious problem of the 'creation of light' within the conscious part of our brain." The normal child learns gradually to differentiate visible light falling on the retina into colours, forms, perspectives. These newly seeing children felt only the chaos of nerve stimulation on the retina, which the brain was as yet powerless to complete as the experience of seeing.—(*The Sight-Saving Review*, Summer, 1957).

Stomach Troublesome?

Just give up tea, coffee, cocoa, and stimulant drinks for a week. In their place, put fruit juices, vegetable juices, milk, buttermilk, plenty of salads and fresh fruits; corrective for the whole alimentary system.—(*Good Health*).

VITAMINS

ALTHOUGH minute in quantity, vitamins are tremendously important to good health. Our knowledge of them is far from complete, but it is constantly expanding. The function of vitamin E, for example, has not been absolutely defined, but it is apparently important to cell-growth and to normal reproduction. Within the famous B-complex, more than a dozen factors have already been identified. Several recently discovered substances that are known to perform some sort of vitamin function are now being studied. Synthetic vitamin preparations are often used to cure disease or for other medical purposes. Vitamin K, for instance, is sometimes given to children before tonsillectomy to insure adequate blood-clotting.

On the basis of growing vitamin knowledge, parents can usually count on a well-rounded, properly prepared diet. to provide their children with most of the essential vitamin factors they need. Vitamin C and vitamin D, however, are two exceptions. Common foods like citrus fruits, leafy vegetables, potatoes, and tomatoes furnish adequate vitamin C for the older child, but for the infant special attention to supplying this vitamin is necessary. The time-honoured custom of giving the baby orange juice is an excellent one. Sometimes tomato juice is substituted, but it contains much less vitamin C. When infants dislike orange juice or do not consume enough of it to meet the daily requirements, synthetic vitamin C is used. Diet and exposure to sunlight cannot be depended on for adequate vitamin D, but many synthetic preparations containing it are available. It appears wise to furnish a child with some supplementary form of this vitamin throughout the growth period. However, vitamin supplements should be used only on a doctor's recommendation, with careful attention to dosage instructions. Overdosage is, at best, useless; at worst, it appears sometimes to have harmful effects.

Foods can lose much of their vitamin value through storage, refining, manufacturing, and cooking processes. To get the maximum value, it is important to remember that:

1. Fresh vegetables should be bought and used while really fresh and crisp; or they should be stored under refrigeration. (Asparagus, for instance, can lose 50% of its vitamin C sitting too long in a vegetable display).

2. There is a direct relationship between intensity of colour in green vegetables and their vitamin content. The outer green leaves on cabbage and lettuce, so often discarded, may have 20 to 30 times the vitamin content of the pale centre leaves.

3. Frozen foods thawed before cooking and canned foods stored in a warm place lose a considerable amount of their vitamin value.

4. Oxidation causes vitamin loss. Crushing or bruising, shredding and dicing, stirring too frequently while cooking expose a larger area of the food to the air, and this promotes oxidation.

5. Some foods, like apples and potatoes, have their greatest vitamin content *immediately under their skins* and are best eaten or cooked with skins on.

6. In the average home it is cooking too long or with too much water that probably causes the greatest vitamin loss. Fruits and vegetables should be cooked in as little water and for as short a time as possible. Pressure cooking causes the least vitamin loss. Cooking in water to cover, results in startling waste, for vitamins are poured down the drain along with the water.

—(From the *Encyclopaedia of Child Care and Guidance*).

SOME IMPORTANT VITAMINS

Vitamin	What are its chief functions ?	What are some of its best sources ?
A	Maintaining proper functioning of mucous membranes (linings of digestive, genito-urinary, and respiratory tracts). Promoting growth in general ; strong bones and teeth. Important for ability to see in dim light.	Dairy products, enriched margarine, Cocogem etc. Egg yolk Liver, kidneys Green and yellow vegetables, Tomatoes Yellow fruits Fish-liver oils
B_1 (Thiamin)	Utilizing carbohydrates properly. Important for normal digestion and elimination ; structure and functioning of nervous system ; normal heart action.	Liver, lean pork Whole-grain or enriched breads and cereals Milk, Legumes, Peanuts
B (Riboflavin)	Maintaining normal skin tone, digestion, and vision.	Milk, Eggs, Liver, kidneys Green leafy vegetables Some enriched flours and cereals
Niacin	Maintaining good chemical functioning of body-tissues.	Lean meat, liver, kidneys Salmon, poultry Potatoes, green vegetables Whole-grain cereals, Peanuts
C (Ascorbic acid)	Developing and maintaining bones, teeth, walls of capillary blood vessels. Important for resisting infection.	Citrus fruits and juices Green leafy vegetables (*e.g.*, broccoli, kale), cabbages, potatoes Cauliflower, tomatoes, strawberries
D	Enabling body to utilize calcium and phosphorus properly and, promoting good tooth and bone development.	Fish-liver oils ; liver and eggs. Sunshine and Vitamin-D-enriched milk.

PEARLS may SOON be PRICELESS

SINCE the War, precious stones, like Old Masters and antiques, have been becoming more and more rare, and this new "scarcity value" is sending the price up and up. For instance, an emerald which, before the War, would have fetched £ 1,000, is now £ 1,500—half as much again.

There are various reasons for this state of affairs. One is that there are limited supplies of precious stones in the earth's crust, and this supply cannot be expected to go on indefinitely. Further, there is public demand. For example, cat's eyes and alexandrites command such high prices in the U.S.A., due to their phenomenal popularity, that they are now classed as precious stones.

Stones are classified in the following manner :—diamonds, rubies, emeralds, and sapphires are the most highly priced of all the jewels known to man, for their fabulous beauty and great rarity. Fine black opals are classed as being "precious," although light-coloured opals, in spite of their present-day vogue, come into the gem-stone category.

These gem-stones, which include the lovely aquamarine, are becoming increasingly popular for engagement rings, and sometimes command enormous prices if they are large in size and perfectly flawless.

Pearls, though not from the mineral point of view strictly a gem-stone, nevertheless take their place side by side with diamonds and rubies for their loveliness and scarcity.

The finest pearls are to be found in the Persian Gulf, but of recent years pearl-fishing there has fallen into abeyance owing to a pre-occupation with the valuable oil deposits. Because of this the finest quality pearls are becoming increasingly rare.

In a world of constantly changing values, people are turning more and more towards the ownership of jewels of intrinsic worth and unchanging beauty.—(From the *Bulletin of National Jewellers' Association*).

Fats and Fitness

When the liver jibes, and heartburn occurs, drop fried foods, and rich greasy gravies, rich cakes and fatty biscuits, and eat more foods containing fat in its natural state—milk, milk products, nuts, and vegetable oils and fats which have not been subjected to much heat. The fat is enveloped in fine globules, easy to separate in digestion. Citrus fruit juices, rhubarb juice, and pineapple juice are the best aids to the good digestion of fats.

Diarrhœa

Brown a tablespoonful of flour on a baking sheet in the oven, and take dry, washed down with a little milk. Leave fruits and green vegetables alone for a few days; and repeat the browned flour after each meal, until the trouble clears up.

TAKE CARE OF YOUR NAILS

PEOPLE—men as well as women—are now paying more attention to their nails than ever before. In fact, women are now so nail-conscious that it is hard to tell the hands of a countess from those of a counter-worker. Unfortunately, nails are subject to blemishes and shortcomings which sometimes take a long time to eradicate.

It has been suggested that one of the causes of brittle nails is too little vitamin A—the vitamin that is found in butter and margarine and the one you get from carrots and green vegetables, and, with vitamin D, from cod-liver oil.

Brittleness can also arise, in some people, from certain kinds of work done over a long period—typing, for instance. Again, brittleness may be caused by using nail-polish-removers containing acetone, or sometimes the nails may be just naturally brittle.

A little olive oil rubbed on the nails every day helps to put them right, but don't forget to eat carrots and green vegetables—they'll do you good anyway, whether your nails stay brittle or not!

The little white spots you often see on your nails are probably due to pushing back the nail base too roughly and vigorously, though they can result from slight injuries. A little oil every day will do good here also.

Soft nails are a nuisance, but there seems little that can be done about them. They should certainly not be put into water more than is necessary. Spoon-shaped nails are found particularly in middle-aged women who are suffering from anæmia; when the anæmia is cured the nails revert to normal.

Undoubtedly the worst of all nail troubles is the ingrowing toenail, due to a variety of causes but especially to badly-fitting shoes and to the habit of cutting away the corners when paring the nail.—(*Today's Health*).

[We would add that the growing popularity of *cutexing* the nails amongst women young and old, is not without its drawbacks and dangers. It is time that they realize this and resort to the use of the time-honoured freshly made henna paste, if they at all feel like having bright red nails. It will give a red colour which lasts for atleast a month with proper care and carries no risk. Our ancient medical text-books credit this herb with good health-giving properties.—Ed. HEALTH].

Children and Sickness

Children are closer to Nature than adults, and when they are sick, they naturally and properly decline food; do not force them to eat. If feverish, keep them warm, and without food until the fever breaks. Hot citrus fruit juices are best. Fever burns up the toxins and germs troubling them, and it is best to bring it to a head with warmth and good nursing, but no food.—(*Good Health*, London, July 1957).

The superiority of some men is merely local. They are great because their associates are little.—(*Selected*).

FIRST AID for ACID BURNS of the EYE

Dr. Bonaccolto, Director, Eye Department, St. Clare's Hospital, had emphasized that one should "pour water into the eyes, and pour, pour, pour. Put the victim flat on his back. Pour water into his eyes constantly."

Dr. G. Bonaccolto has pointed out that pain and lid spasm in chemical burn cases are intense. Therefore, one person should try to hold the eyelids open, exposing the cul-de-sac, while another washes out the acid. No time should be wasted in looking for a neutralizing agent. He adds :

"If water is available, don't stop at one glassful, but keep on pouring in the water repeatedly so that some of it can flush the fornices. If water is not immediately available, make use of any non-alcoholic beverage, not worrying so much about the possibility of infections since today any specialist can well take care of these later."

As soon as possible, of course, one gets a patient with a chemical eye-burn, under the care of an ophthalmologist. In Industry, while waiting for ophthalmological care, a plant physician, or nurse when authorized, will anæsthetize the eye to make irrigation easier and will continue to irrigate the eye with lukewarm sterile water or with physiological saline solution.—(*The Sight-Saving Review*, Summer 1957).

ALL RISK COVERAGE

A suit claimed to protect the wearer from atomic, bacteriological, and chemical weapons, and temperature higher than 1,000°C., will be on sale soon in West Germany.

Developed by a Heidelberg firm in collaboration with other concerns, the protective clothing consists of a plastic under-suit, gloves and boots, and is covered by a fibreglass outer suit. Oxygen is carried to facilitate breathing.

The suit has been developed in three types : for industrial work, for military use, and for civilians. The civilian version will cost about 800 marks—about Rs. 850 in Indian money.

The makers claim that the suit will also give protection from phosphorus and napalm liquid-fire bombs and reduce the effect of gamma rays, and it weighs from 4½ to 16½ lbs. according to type.

Conscience is a safe guide only when God is the Guide of the conscience.

—*Selected.*

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Life is like a mirror—you don't get more out of it than you put into it.

—*R. & R. Magazine.*

* * *

Keep your mind on your work, not your work on your mind.

—*New York World Telegram.*

IMPORTANT FACTS

About Very Young Children's Habits

I. An Upsetting Habit in Babies.—Many children develop habits which are in themselves harmless, but which make their mothers very anxious. Thus, here is what Mrs. J. C. writes from Worcester:—

"My eight-months-old baby girl Valerie is very contented and happy, but during the past few weeks she has started holding her breath and clenching her fists across her chest. She goes completely stiff, red in the face and perspires freely. These attacks often occur during the day, and are sometimes short and sometimes long. When they are over, she is her normal happy self again. I am extremely worried about her, and though I am sure that there is very little wrong, I would welcome your help in dealing with this problem."

"There is no need to worry," says our specialist, "Many babies do behave like this from time to time but there is really no need to pay any attention to it. They almost always drop the habit very quickly and, of course, some children never do it at all."

This sudden flushing of the face, sweating and holding of the breath is generally brought on by the baby rocking to and fro on its bottom or rubbing its legs together. Some babies do this regularly before they drop off to sleep. This habit is, in fact, the end result of the pleasurable sensation that the baby gets from the rubbing and rocking and which in older children would be called masturbation. In babies there is nothing sexual about it in the ordinary sense of the word and there is no point in trying to stop it too actively: certainly not by scolding or smacking such small children.

Most babies develop some habit which helps them to drop off to sleep. It can be thumb-sucking or chewing a blanket or clutching a rag or enacting the sort of thing Mrs. J. C. describes. All these things can be regarded in much the same way. They are all part of a passing phase. They are all habits which are liable to worry or even to annoy parents because whenever they try to stop them they find it almost impossible.

It is thought that boredom, insufficient petting and affection, may aggravate these habits. Perhaps a baby who does this is one who does not need so much sleep. Or perhaps she is left for rather long periods alone in her cot or pram, with no one to listen to and nothing to watch except the blank ceiling or the pram cover.

Often an active eight-month-old, benefits from being propped up in a padded high chair, so she can watch what is going on in the kitchen or in the street. An infant can be left for quite a long while propped up in this way provided, of course, there

is someone around to make sure the baby doesn't slip into an uncomfortable position or come to any harm. Prams can become very irksome at an early age to lively babies with busy mothers.

I should like to repeat that although this is an unfortunate habit which upsets many mothers very much, no interference should be necessary. Very definitely the less you do about it the better.

II. Scared of grandparents.—It can be upsetting and awkward when a little girl cries every time she visits her grandparents. *Here is the problem*: Every week I take Joy, my four-months-old girl, to visit her grandparents. She was perfectly all right at first, but for the last month has cried bitterly at each visit. When she gets home she is perfectly happy and obviously delighted to get back again. Both grandparents, my husband's parents and my own, treat her quite normally and don't fuss. Do you think it wise to continue these visits in the hope that Joy will eventually recognize her grandparents, or should we stop them until she is old enough not to be disturbed by unfamiliar surroundings? If so at what age do you think she will begin to enjoy her visits? This problem does not arise with our four-year-old son who has always adapted himself anywhere, and who in fact has always got a great deal of enjoyment and pleasure from visiting other people.

Solution:—"It is quite normal at four months old to be disturbed by strange surroundings," says our psychologist, "for at this age a baby is only just beginning to get familiar with objects at home—objects including people. It is a pity that Joy dosen't recognise her grandparents happily, but she is likely to do this best by getting to know them in her own home. So why not invite the grand-parents to your home and postpone the visits to theirs until she is at least six or seven months old? Then, if practicable, take her in the pram or cot and let her stay there."

There are a number of factors involved which you will know for yourself. For example, does visiting involve a journey by train or bus, either of which could be upsetting? Sometimes babies are frightened if grown-ups, other than Mummy, put their faces too near, so look out for this.

When your little girl takes pleasure in contact with other people at home, then she will be more ready to enlarge her circle outside. *But in the meantime don't force the pace.* It is only a question of time.—(*Family Doctor*, Sept. '57).

A wise old lady once said: "Yes, I know we are all the salt, but I reckon none of us is more than a pinch." But it's just the pinch of salt put in or left out that makes or spoils the cooking.—(*Morning Cheer Monthly*).

SPARE PARTS FOR THE HUMAN BODY

DERMOT CANNING

THE transplanting of live tissue—bone, skin, arteries, and even nerves—from one human being to another is a most wonderful recent development in medicine, which has saved the lives of countless people who would formerly have faced certain death, or chronic invalidism.

The best-known natural replacement part is the cornea of the eye, the clear membrane covering the iris of the eyeball. If you break the window of your house, you get new glass to replace the old. Likewise, if the "window" of the eyes are damaged or defective, they can frequently be replaced by transplanting good corneas taken from the eyes of other people—usually immediately after death. The corneas are removed and stored in a refrigerated unit until required.

Bone-storage "banks," for instance, have already proved indispensable for supplying bone to treat wounds, to lengthen arms and legs shortened by disease.

Supplies for such surgical stockpiles are usually obtained from "*clean*" amputations. The bone is scraped clean of flesh, frozen dry and stored. British surgeons report that such stored transplants are successful in about 93 per cent of cases.

Bone from "*banks*" does not actually grow when transplanted in another body. It merely provides a scaffolding along which new bone grows. As new bone cells develop, the body gradually absorbs the transplanted bone.

Arteries transplanted.—Another recent development is the storage and transplanting of arteries, which will make possible types of surgery never attempted before. The transplanting of arteries will prove invaluable to people who suffer from weak arteries which, swelling into a large tumour, often bring on paralysis. Another common ailment is the diseased or blocked artery, which may lead to gangrene, or death of the limb.

Previously, all that could be done in such cases was to remove the defective section of the artery and stitch the two ends together again—an operation which rarely proved permanently effective. Now, the diseased artery can be removed and another, taken from store, inserted in its place. Such operations have proved 85 per cent successful, and have brought hope to thousands suffering from artery diseases.

The only source of arteries, of course, is from dead persons. The donor must be under 45 years of age and free from infectious disease. When removed, the arteries are frozen in a special nutrient solution which preserves them for *six* months.

As in the case of bone transplants, such transplanted arteries do not grow, but provide a trellis along which the body gradually deposits a new artery.

Most research into artery transplanting has been carried out at St. Mary's Hospital, London. It should be remembered. though, that it is still not a very common operation owing to the difficulty of obtaining arteries.

Nerve replacements.—Even more marvellous are the most delicate nerve replacements. When only severed, nerves can be "glued" together with special cement. But when a section of the nerves is torn away completely, as in motor accidents, it must be replaced if paralysis is to be prevented.

Nerves removed from a dead person *within a few hours after death* can be quick-frozen and later dehydrated in high vacuum and stored in steel containers until needed. The transplanting of nerves is still however, very much in its infancy.

Much research has also been conducted into the preservation of cartilage, which is merely another name for the tough gristle found in various parts of the body. Cartilage is used mainly in plastic surgery on noses and ears, and for other facial repair work. Previously it was taken from the patient's own ribs or hip-bone and then transplanted, which necessitated two operations.

The storing of cartilage and its preservation were unsuccessful, until recently. It has since been discovered that if stored in a refrigerator in a special salt solution, which is changed weekly, it can be kept fresh for two years.

The noted London plastic surgeon, Sir Harold Gillies, made a great contribution to the development of transplanting when he discovered that cartilage taken from young cattle is quite as good as human cartilage. In four years he performed 144 successful operations with bovine cartilage.

Skin "Bank".—Just emerging from the experimental stage is the skin "bank". Skin grafts are essential if the victims of serious burns and accidents are not to suffer humiliating scars for the rest of their lives. In such cases the damage is often so extensive that the unaffected portions of a patient's body rarely yield sufficient skin for grafting.

Experiments have indicated that skin may be stored in a nutrient solution at a temperature just above freezing for about *ten weeks.* The Medical Research Centre in Maryland, U.S.A., has also discovered that such stored skin provides, an excellent dressing until the patient's own skin cells are stimulated into growth and new skin gradually replaces the grafted skin.

The storage and transplanting of kidneys is in the experimental stage. Such an operation has been successfully performed on dogs, and it should not be long before it can be performed on a human being.

Modern surgery is constantly advancing. Most premature deaths are caused by a single weak link in the body's compli-

-cated machinery. But thanks to developments in the transplanting of human tissue, it may be possible, in the not too distant future, to replace almost any defective organ in the body. —(*Biriming ham Post* via *B.I.S., B.F., 716* of 8-5-1957).

Influenza is a Disease which Spreads Rapidly

THERE are many types of 'flu virus and a vaccine against one does not necessarily protect you against another. Attempts are now being made to prepare vaccine against the new Asian 'flu.

Asian 'flu first appeared near Hong Kong. The time? The second half of April '57. Then it spread to Japan and Australia. India had over a million cases. The problem of how to make an Asian 'flu vaccine is now being studied urgently in several countries.

In London, the first batch was made by the middle of June, at the Wright-Fleming Institute, the home of penicillin, and only twenty-five miles, from Glaxo's anti-polio laboratories. Like polio-vaccine, 'flu vaccine is made of dead viruses. But the 'flu virus is grown inside fertile hens' eggs.

To make the vaccine, the virus is injected into the cavity of an egg. Thousands of eggs are treated in this way. They are stacked in trays in six-foot-high incubators for two days. The virus grows inside the egg and is then withdrawn through a hole in the shell made by a dentist's drill. One virus is now multiplied into millions. All these viruses and the egg-fluid in which they are growing are put into test tubes. These tubes fit into a huge centrifuge machine which whirls them around at 20,000 revolutions a minute. The virus falls to the bottom of the tubes. The fluid remains on top and is thrown away.

Then, just like polio vaccine, the virus is killed by formaldehyde and mixed with saline and a preservative. It is now ready for safety and efficiency tests.

The new Asian 'flu seems to be mild. But the question everyone wants an answer to, is "Will Asian 'flu cause an epidemic in Europe and America?" It might or it might not. No one knows.

But in Geneva and London and (in India too), 'flu experts are ready for it.—(*Family Doctor*, September 1957).

Never do a wrong thing to make a friend or to keep one.—*Robert E. Lee.*

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Happiness is not perfected until it is shared.—*Jane Porter.*

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You can never have a greater or a less dominion than that over yourself.
—*Leonardo da Vinci.*

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When success turns a person's head, he is facing failure.—*Selected.*

Messages from Helen Keller *to the 1957 Pan American Conference of Ophthalmology*

March 18, 1957

DEAR FRIENDS,

WHAT I can do for those who are irremediably blind is limited, and leaves a vital desire unfulfilled—light in their eyes, and it is a blessed consolation to me to know of the splendid efforts of ophthalmologists all over the world to keep the light in human eyes. With deep emotion I follow their multiplying activities in using the knowledge they have acquired during the past fifty years. Their enormous amount of research into the diseases and disorders of the eye and their prevention is a marvellous witness to their devotion. They regard people with ailing eyes not as patients but also as human beings, and seek to understand their feelings and their chances of happiness. They seek out facts in other sciences so that they may more fully serve their purpose, and their intelligence and self-sacrifice will accomplish wonders greater than we can now imagine, if they only gain the faithful support of philanthropists and health authorities.

The crusade of light is a long, arduous one, but the promises of the future will surely be fulfilled if you and the Pan-American Congress of Ophthalmology continue to deepen and widen research into the causes of blindness and encourage progress in new methods and techniques. Then shall the people of the world rightly understand their eyes and their responsibilities towards unborn generations and outlive the ignorance and the needless misery they once endured.—(Helen Keller, *The Sight-Saving Review*, Summer 1957).

Life-time of Married Love

We speak of love, wondering what it is, and I answer, this is what I'd like to think it is: The most wonderful thing in all your world, for suddenly you are complete. You are one with your wife, and you feel the happiness which flows from being able to give of yourself to another, of knowing for certain that at last, finally, you belong together.

The little things, these are what stay with you. You smile at her across the brim of a crowd. You are thrilled whenever she suddenly appears. And you feel an ache when she is not there.

Your love for her flourishes, deepens. And, more than anything else you've ever felt in all your life before, you want only to give warmth and security to her, give it to her with all your heart and soul and body.

No matter where you are, or where she is, in a sense of the word you're both still together.

With faith, with God, with compassion and understanding, with trust and soul and heart, it can be like this...... And if it is, the reward becomes a life-time of happiness on a level unimagined in common hours.—(*Reader's Digest*, December, 1956).

Pleasant Topics from Periodicals

My husband's boss, at a very exclusive holiday resort in West Virginia, noticed a porter bringing down some bags for a nicely-dressed old gentleman and put them in his superduper Cadillac. The old gentleman obviously wanted to give the porter a tip and asked him if he could change a dollar.

"Around here, suh," said the porter, "a dollar *is* change."

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One of our friends had undergone a serious operation and was still in a coma. Her worried husband stood at the foot of her bed. "Well," said the nurse reassuringly, "at least her age is on her side."

"She's not so young," said the husband. "She's 43."

At this point the patient moved slightly, and quietly but firmly murmured, "Forty-two."

From then on, she improved steadily.

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Irony is, in any case, a dangerous tincture and one that should be applied only with a sable brush; when daubed by vigorous arms it becomes wearisome and even offensive.—*(Harold Nicholson)*.

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For 72 years no president of the United States ever wore a beard or mustache. After the Civil War there came the bearded succession of Grant, Hayes, Garfield, and Harrison. Then came the mustaches of Cleveland, Theodore Roosevelt, and Taft. After that all have been clean shaven.

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At a reception in Washington a young man was asked by a widow to guess her age.

"You must have some idea," she said, as he hesitated.

"I have several ideas," he admitted with a smile. "The only trouble is that I hesitated whether to make you 10 years younger on account of your looks or 10 years older on account of your brains."

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A California woman has at last become the champion of her sex. She had been subpoenaed as a witness, and the court, before she began her testimony, instructed her as follows:

"You must be very careful, madam, to state only what you actually saw and know. There must be no hearsay evidence."

He then signalled for the prosecutor. "What's your age?" asked that worthy.

"I cannot answer," cooed the lady. "I have only hearsay knowledge on that point."

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Mail order magnate Julius Rosenwald never had any great trouble with debtors. Whenever a bill was overdue he would write to the debtor as follows:

"Your bill is overdue. If not met, we shall be obliged to notify your other creditors that you paid us."

With but few exceptions a cheque in full was usually forthcoming.

"No man's advice is entirely worthless. Even a watch that won't run is right twice a day."

* * *

Ted Husing's neighbour has a small son who came home from school one day, proudly exhibiting a book, which he said he had won in natural history class. "How nice, darling," smiled his mother. "How did you win it?"

"The teacher asked how many legs an ostrich had," the boy answered, "and I said three."

"But an ostrich has only two legs."

"Well, I came closest—everybody else said four."—*(J.A.M.A.*, July 28, 1957).

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President Coolidge was alone with Herbert Hoover, then Secretary of Commerce, in his study at the White House one evening, when a phone rang. There were seven or eight phones on the desk and Cal picked up all the wrong ones first. He was reasonably exasperated by the time he got the right one, explaining in an aside. "This is a direct wire from the State Department. Hasn't rung in three years. I didn't recognize the sound of the bell!" Into the phone he said, "What on earth are you calling me for at this hour?"

Secretary of State Charles Evans Hughes, the caller, explained, "Queen Marie of Rumania is planning a visit to the United States and I presumed you would want to know about it".

Mr. Coolidge's only comment was, "Hmphh. I certainly hope you'll see to it that she pays her own expenses!"—*(Bennett Cerf)*.

*

For our first-born son and heir we went to a friend's factory to buy a pram. Proudly we placed the baby in the pram with the new blankets and pillows we had brought, and equally proudly we wheeled him home through the park. People turned and smiled and whispered. We thought how nice it was that everyone admired our infant. But imagine our consternation when we got home to find this sign on the front of the pram: "Best in the World–Our Own Make." —*("Life's Like That")*.

* * *

For some years my mother had tried in vain to get the authorities to reopen the road to the little cemetery where she planned to be buried beside my father and grandfather. The old cemetery was now on the far side of a ploughed field, and the road leading to it—half a mile from the main road—had been converted into a plough "turning row." She finally took her problem to the country court, where she ended her plea with this argument: ' If you don't open the road, I shall name all of you as my pall-bearers."

The road was opened.—*(Life's Like That.*— Mrs. W. Abernathy).

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